

**BY ORDER OF THE COMMANDER
HEADQUARTERS 377TH AIR BASE WING (AFMC)
KIRTLAND AIR FORCE BASE,
NEW MEXICO 87117-5606**

KAFB INSTRUCTION 41-101

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Health Services



PSEUDOFOLLICULITIS BARBAE PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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(See summary of revisions.)

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This instruction implements Air Force Policy Directive 41-1, *Health Care Programs and Resources*, and establishes Kirtland Air Force Base (KAFB) policy for management of Pseudofolliculitis Barbae. It applies to all active-duty military personnel, particularly individuals with this disorder. Supervisors, commanders, and medical personnel should understand the treatment and control procedures for Pseudofolliculitis Barbae.

This instruction is affected by the Privacy Act of 1974. Each form required by this instruction contains a Privacy Act Statement (PAS) incorporated in the body of the document or is covered by DD Form 2005, **Privacy Act Statement-Health Care Record**.

SUMMARY OF REVISIONS

The length of hair growth allowed in Phase 2 has been changed to 1/8 inch.

1. Definition. Pseudofolliculitis Barbae (PFB), or shaving bumps, is an inflammatory skin condition, mainly in the facial and neck areas, that develops around ingrown hair fragments and occurs when curved hair is closely cut. While normally seen in Black men, it can be present in all races. Severity ranges from mild inflammation to severe infection with pitting and scarring. It can be prevented and managed with early detection and treatment.

2. Objectives.

2.1. PFB education.

2.2. Preventive shaving instructions.

3. Responsibilities.

3.1. A physician or physician assistant will oversee the PFB monitor's evaluations.

3.2. The noncommissioned officer-in-charge (NCOIC) of the PFB Clinic teaches patients a satisfactory shaving method, manual release of entrapped hairs, and proper skin care. The NCOIC admits patients to the program and instructs them on Air Force standards.

3.3. Squadron commanders ensure support of the preventive shaving program and maintain a liaison to the PFB Clinic. AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*, requires the unit commander to evaluate and review each case in which the medical provider has recommended a shaving profile. The squadron commander may concur or not concur.

3.4. Once identified as having PFB, patients must report to the clinic during scheduled appointments and comply with educational instructions.

4. Procedures.

4.1. Phase 1. This initial phase lasts one to four weeks. The patient is evaluated by a medical provider. The patient is shown various shaving methods and hair removing techniques as indicated. The medical provider may recommend that the patient be permitted to grow facial hair up to 1/4 of an inch long and will submit an AF Form 422, **Physical Profile Serial Report**, to the squadron commander.

4.1.1. If the squadron commander agrees with the recommendation, he or she must sign the AF Form 422. A copy of the approved AF Form 422 must be kept by the patient.

4.1.2. If the commander does not concur with the medical recommendation to grant a shaving waiver, he or she will consult with the officer-in-charge of the Shaving Clinic.

4.1.3. If the commander and medical provider cannot resolve the disagreement, the medical provider elevates the problem immediately through the chain of command. The patient is not placed in the middle of the disagreement.

4.2. Phase 2. This phase starts after the skin inflammation begins to subside and ends when the patient can manage his problem without additional medical assistance.

4.2.1. Medical personnel will continue to evaluate the patient's progress to avoid recurrence.

4.2.2. One additional waiver may be necessary to allow facial hair to grow out. However, the total time for facial hair at maximum length of 1/8 inch may not exceed 30 days for each waiver.

4.2.3. Each patient will be evaluated to determine how often he must shave and whether a stubble of 1/8 of an inch should be left between shaves. This data will be put in the medical records and relayed to the patient's squadron commander.

4.3. Phase 3. This phase begins when the patient no longer requires medical assistance. During this time PFB patients, their supervisors, and commanders as well, have continued responsibilities.

4.3.1. PFB patients should control their PFB with the shaving methods prescribed. They must meet AFI 36-2903 and follow their physician's and PFB monitor's advice.

4.3.2. Commanders and supervisors:

4.3.2.1. Must know how often the individual must shave. This is noted in the medical records and transmitted in writing by the physician. If the physician recommends that the patient grow a stubble up to 1/8 inch, the individual is considered to be clean shaven and does not require a waiver.

4.3.2.2. Must not allow the presence of stubble on an individual to adversely affect their Enlisted Performance Reports, Officer Performance Reports, promotions, or assignments.

4.4. Recurrence. PFB reoccurs when the individual does not continue to follow the physician's advice. The treatment sequence may be reinstituted; however, a second recurrence requires close evaluation. The evaluation must determine if recurrence is primarily due to nonadherence to medical instructions or if it is a true refractory case.

5. Shaving Waiver. PFB patients may obtain a local shaving waiver form from the medical treatment facility pseudofolliculitis barbae clinic.

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